

Artifact#1 Ballad poem (English)

Perfect costume hanging at home A Standing proud at six feet tall B His act that allowed you a moment to forget C Much needed entertainment for all B

Time to lighten the mood and madness A With pointy shoes, hat and ears B Brett Williams as Tinkles the Elf C Would leave his crowd no fears B

Young precious kids attending school A Enjoyed what they saw at the show B But it was the long-term care homes C That were continuously facing the lowest of the low B

Corona pandemic created great concern A Aburden faced with challenge and stress B A world that would never recover to be the same Blankets of worry trying to cover the mess B

errasing lack of leisure and fun A came back from north pole exile B appearance there to fill a void C that may be brief, if only for a while B

Holiday traditions all but gone A Redefining the new way, we live B Teaching our children lessons of life C The joy of many ways to give B

Family defines who we are in strength and numbers A Commitment to make more time B Not to focus on space and touch C Carry the sentiment through the climb B

Maintaining a safe social distance, A Hiding behind your face mask B Constantly protecting those around us C Will push to see you through the task B

Me all go to great lengths with leaps and bounds A Washing hands with soap and water B Moving the concerns to diminish the risk C

Corona may interrupt and slow things down A Imposed restrictions on travel B Moving among bubble-to-bubble C Our strength will show we can't unravel B

Seniors and children must feel safe A

Dur priorities they must be B

Balancing act of living life C

It is up to you and me B

Perfect costume hanging at home A Standing proud at six feet tall B His act that allowed you a moment to forget C Much needed entertainment for all B

B<u>v./</u>Brooklyn Morrey

Communication takes a huge part in my

Ballad poem for many particular reasons. I have used communication to present an article of my choice. By doing so, I had to import rythme, repition, and rhythm. Which are the three main key parts of a ballad poem. While my other classmates were presenting i was an active listener, I supported and encouraged the person speaking. I presented my poem clearly and in a organized matter. This was my first time doing a ballad poem and overall I think I did a great job. Therefore I learnt many important things during the process of creating my poem. Including, having an example of a ballad poem from online to guide and help with the format. following along with highlighting the main parts of the article and narrowing down what you want to include.

Most importantly, I am always pushing myself to keep on going no matter how hard the process may be!

LINK: https://sd43bcca-my.sharepoint.com/:w:/r/personal/127bmorrey_sd43_bc_ca/Documents/Ballad%20poem.docx? d=w6a13af84fb524fb2ad7133eba3479b57&csf=1&web=1&e=YW7WNd

Artifact #2 Self reflection assignment

Please describe at least one thing you learned in each of the following units: Personal Safety and Injury Prevention: Injury prevention is a huge part of everyday physical activity, because it not

only helps you achieve your training goals but also keeps you healthy and safe. Personal safety is very important it's the action of keeping away of possible harmful situations or negative people in your surroundings.

a) Substance Misuse, Addictions, and Related Behaviours:

During the substance use, addictions, and related behaviors presentation I have learned lots of interesting but scary facts! These facts include, 78.5% of grade 6-9 students have tried smoking and the most commonly used illegal drug among Canadian Youth is Marijuana. These statements have really stood out for me in the learning process of it all. This unit has really helped me understand the dangerous effects of substances or other addictive behaviors.

ation presented in class..

a) What information did you find most valuable? Why? I have found that the communication skills piece of the unit was very useful with friends, family, and classmates. It has helped me have a better understanding of how to communicate effectively in a positive manner.

b) What information did you find least valuable? Why? All of the information I have learned throughout this unit has been very important and valuable.

Describe a time when you persevered in this course? It could be a time outside of school, on a sports team, or in this class. During this course I have persevered with trying my best no matter how hard or difficult the task is. This has helped me improve my skills and achieve success! In this course there was a time we had to do a forest run as a great and it.

Personal Awareness and Responsibility comes in all different forms. Including, self- determination, self-regulation, and wellbeing. I used personal awareness and responsibility for my self reflection in P.E. I talked about participating in activities that support my happiness, and show how they can help me. I can sustain a healthy and balanced lifestyle by taking care of my wellbeing. By doing so, eating healthy, drinking tons of water and, staying active. I make smart choices and take responsibility for my physical and emotional well-being. I included all of these topics and skills I am developing in on my self reflection assignment. I can use this in the future by developing my skills and sustaining a healthy lifestyle by know what and what not to do. Overall I learned alot of things and really enjoyed learning new fascinating stuff as well that can help me throughout my life.

LINK:

https://sd43bcca-my.sharepoint.com/:w:/r/personal/127bmorrey_sd43_bc_ca/_layouts/15/Doc.aspx? sourcedoc=%7B33A7F5F4-86F3-46CE-8B1D-2572EE08AD34%7D&file=PHE%209%20Health%20Final%20Ref lection.docx&wdOrigin=OFFICECOM-WEB.START.REC&ct=1609739602117&action=default&mobiler edirect=true

Artifact #3

Ceramics (mug, ring platter, Sketchbook cover)







Creative thinking was used during the process of all my creations. I made a ring platter with a moon, stars and a sun. I did a cover for my sketchbook in class with flowers and bees. Lastly, I made a mug with waves which represents the movie Ariel. I build on others ideas and explore my own that are fun for me and make me happy. I develop a body of creative work over time in an area i'm interested in or passionate about. I can use creative thinking in the future for many different skills and reasons. Creative thinking embraces originality and makes unique connections between two very different things. I believe being creative and thinking outside of the box can really impact future jobs as a positive.

LINK:

file:///Users/Brooklyn/Desktop/Screen%20Shot%202020-12-31%20at%207.50.35%20PM.png file:///Users/Brooklyn/Desktop/IMG_5509.jpegfile:///Users/Brooklyn/Desktop/62931497748_F27FB0A8-F0A9-47A7-BE6F-0D69DEF27613.jpeg